

MERLION STAR

Serving the Sembawang Community

Sept. 27, 2013

Volume 22

Issue 12

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- ✦ Newcomers Orientation, Oct. 2
- ✦ Columbus Day, Oct. 14
- ✦ Hari Raya Haji, Oct. 15
- ✦ Halloween, Oct. 31

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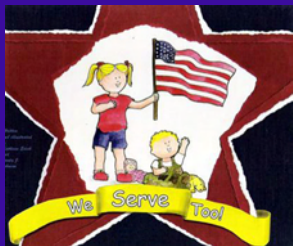
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Ghile Kumar passes out information during an Environmental and Health Fair held at Navy Region Singapore. Photo courtesy of NRS Public Works.

NRS Raises Energy Awareness

Story by MC1 Jay C. Pugh

Navy Region Singapore (NRS) will promote Energy Awareness Month throughout October. The focus this year is electricity and water consumption reduction and waste reduction. NRS will kick off Energy Awareness Month on Friday, Oct. 4 with a Recycle Day.

"Every Friday will be recycle day," said Teo Kok Sing, Environmental Protection Specialist. "Any recyclable material, which includes aluminum, plastic, glass and paper, will be accepted at

two recycling bins located in front of building 7-4 outside of Subway."

Residents are encouraged to separate their recyclables before dropping them off.

In order to raise awareness NRS's Public Works Department will have a display set-up in front of building 7-4 every Monday, throughout the month of October. An outreach display of energy conservation material will include posters, pamphlets and newsletters. The purpose is to reach Sailors, families, DoD

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Merlion Star

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NRS Town Hall Highlights



Capt. Paul Foster addresses Sembawang community residents during a Town Hall meeting. Photo by Alexia Loughman.

Story by Alexia Loughman

On Sept. 24, Navy Region Singapore hosted a Town Hall Meeting to discuss upcoming changes, improvements, and local quality of life. Community leaders from Commander, Logistics Group Western Pacific (COMLOG WESTPAC) and Fleet and Family Readiness (FFR) addressed sailors and their families and explained several upcoming changes.

Navy Region Singapore (NRS) has not been as hard-hit as many Continental United States (CONUS) installations, according to Capt. Paul Foster. This community has been fortunate not to have experienced significant cuts to unaccompanied housing, family housing, Fleet and Family Service Center, NGIS, or Child and Youth Programs (CYP). In response to new budget constraints and Commander, Naval Installations Command (CNIC) policy standards, NRS is making cuts to our fitness hours, aquatics, and group exercise program.

Scott Jungk, Director of FFR,

said, "Everything we do is governed by Navy policy and Navy standards."

Effective Oct. 1, NRS is assuming many contracts for community employment. NRS will employ the staff at NGIS, MWR, FFSC, and CYP. This change "gives a greater voice to our customers, the community, and also offers employment opportunities for spouses and dependents," said Jungk.

The Fleet Fitness Center will be undergoing several structural improvements in the coming year, according to Isaiah Mincks, director of Morale, Welfare, and Recreation (MWR). Projects include re-painting the indoor tennis court, laying a new basketball court, and upgrades to the Family Fitness Room. Additionally, CYP will establish a Youth Smart Start Sports Program in the coming months. Any community members interested in contributing their times and talents to this program should contact the Youth Center.

The Navy Exchange at NRS

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US, Bangladesh Navy Complete 3rd CARAT Bangladesh

From COMLOG WESTPAC Public Affairs

The third annual exercise Cooperation Afloat Readiness and Training (CARAT) Bangladesh commenced with an opening ceremony at Naval Base Issa Khan, Sept. 16.

Completed on Sept. 21, CARAT Bangladesh 2013 consisted of six days of shore-based and at-sea training events designed to address shared maritime security priorities, develop relationships, and enhance interoperability among participating forces.

"Our goal for this year's CARAT is to continue the process of enhancing capacity and interoperability to address common maritime security concerns," said Rear Adm. Cindy Thebaud, commander, Task Force 73 and commander, Naval Forces CARAT.

"This exercise offers a credible venue to bring our maritime professionals together, share best practices and strengthen our growing navy-to-navy partner-



Rear Adm. Cindy Thebaud speaks to Bangladesh Navy sailors attached to Special Warfare Diving and Salvage Command. U.S. Navy photo by MC1 Jay C. Pugh.

ship."

CARAT Bangladesh is part of a series of bilateral naval exercises between the U.S. Navy and the armed forces of nine partner nations in South and Southeast Asia. Training events in each CARAT phase are tailored based on available assets and mutual exercise goals across a broad

range of naval capabilities.

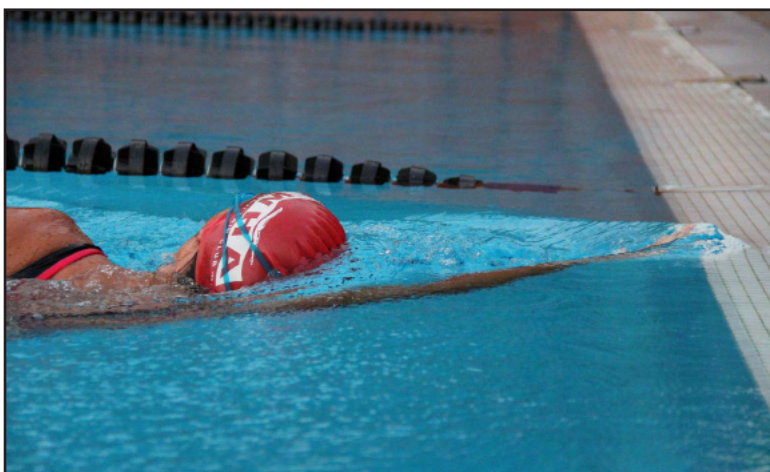
CARAT Bangladesh 2013 focused on maritime security operations during the sea phase which featured a ship-rider exchange program and flight deck training. The shore phase allowed professionals to share best practices during symposia and subject matter expert exchanges that covered diving, small boat operations, military law and medical training. Receptions, sporting events and community service projects also broadened opportunities that enhanced personal relationships.

U.S. Navy units that participated in the exercise included the rescue and salvage ship USNS Safeguard (T-ARS 50), Commander, Task Group 73.1/ Destroyer Squadron (DESRON) 7 staff, personnel from Afloat Training Group Western Pacific, as well as evaluators from Maritime Civil Affairs and Security Training Command.



Sailors assigned to Maritime Civil Affairs and Security Training Command (MCAST) conduct a visit, board, search and seizure exercise with Bangladeshi sailors. U.S. Navy photo by MC1 Jay C. Pugh

Photos - Inaugural Sprint Triathlon



MWR hosted its inaugural Sprint Triathlon on Sept. 21. The 17 competitors started the event with a 330m swim at the Terror Club pool, continued with a 10k bike ride throughout the neighborhood and completed the last leg with a 5k run through Sembawang Park. Photos by Alexia Loughman.

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civilians and contractors through one-on-one interaction.

"The overall goal is to promote environmental awareness for the community and ensure they can help reduce their overall energy consumption for the Navy," said Lt. Andrew Hayes, NRS's Public Works Officer.

Energy Awareness Month centers on achieving a clean and secure energy economy, while saving taxpayer dollars, by turning awareness into action, intent into investment, and opportunities into outcomes.

"We want to emphasize and encourage our residents to help save energy, which saves us and the Navy money. With the Navy and DoD operating in these lean fiscal times, this is a great opportunity for individuals to do

their part. Every dollar saved in energy costs is another dollar that can be put toward mission execution or quality of life programs," said Lt. Hayes.

President George H. Bush proclaimed October as Energy Awareness Month Sept. 13, 1991. Since then, the Department of Energy has conducted energy awareness campaigns annually to promote the wise and efficient use of the nation's energy.

NRS already has several energy saving initiatives in place to include solar powered water heaters on all the housing duplexes and bungalows and motion detectors installed in building 7-4 to control lighting in storage closets and bathrooms. Also, the Public Works Department has awarded a new project for a lighting retrofit across nine buildings within PSA

Sembawang. NRS will replace old light fixtures with energy efficient bulbs and hardware to further reduce electrical demand.

Lt. Hayes emphasized that residents how they can help reduce their energy consumption in small ways.

"The largest energy consumer for residents is air conditioning. Residents don't need every A/C on in the house to keep cool. Running them all consumes a lot of power. Also, keeping temperature settings too low can create mechanical problems. We encourage our residents to set their thermostats no lower than 25 degrees, centigrade," said Lt. Hayes.

Raising awareness about the wise and conservative use of our energy resources makes a difference with every dollar saved.

Navywide Semiannual NFAAS Update Ongoing

By MC2 Andrea Perez, Navy Personnel Command Public Affairs

The Navy has issued an order for all Navy personnel to verify or update their contact information in the Navy Family Accountability and Assessment System (NFAAS) no later than Sept. 30.

NAVADMIN 237/13 requires all active-duty and Reserve Sailors and Department of the Navy civilian employees to log in to <https://navyfamily.navy.mil> to verify or update contact information for themselves and their dependents. Navy contractors outside the continental United States are also required to complete the assessment.

Personnel can log in to

NFAAS and update or verify their personal information by clicking on the "My Info" tab, then selecting "Contact Information." Personnel must also verify family member information by clicking on "Family Member Info" under the "My Info" tab. All family members enrolled in the exceptional family member program must be identified as such.

The NFAAS information update is a semiannual requirement for Navy personnel to complete by April 1 and Oct. 1 each year. NFAAS officials will submit the names of commands not in compliance with NAVADMIN 237/13 to the office of the Chief of Naval Operations for review.

The message also directs commands to incorporate NFAAS updates into the command check-in and check-out process during permanent change of station moves.

NFAAS is used to account, manage and monitor the recovery process for Navy personnel and their families affected by wide-spread catastrophic events. Outdated contact information can delay the Navy's ability to account for and assist affected personnel.

For more information read NAVADMIN 237/13 and contact the Navy Personnel Command (NPC) customer service center at 1-866-U-ASK-NPC or visit the NPC website at www.npc.navy.mil.

Photos - Day for Kids Hosted by MWR



The Youth Center partnered with the Boys and Girls Club of America to put on a Day for Kids on Sept. 21. The kids kicked off the event with a bang - a party of poppers, laying a kaleidoscope of colors on the Terror Club field. More than 30 kids and parents from the Sembawang community participated in field games and relays, braved a water balloon battle, and explored a water adventure fort. Photos by Alexia Loughman.

Command Media Notice: Help Us, Help You

Below is a summary of the communication tools, products and POCs available to inform the community. There is no one-size-fits-all approach to communication; many different tools exist depending on the content, context and audience. As end-users, your feedback matters: help us, help you by letting the CLWP Public Affairs and NRS N9 Marketing team know how to improve command media.

- **Social Media:** The Navy Region Singapore Facebook page is the command's primary internal communication tool (<https://www.facebook.com/pages/Navy-Region-Singapore/154587874605994?ref=hl>). Updates range from MWR events, Terror Club specials and fitness center classes to command policies, safety advisories and navy news stories. Operational information is updated on the COMLOG WESTPAC, CARAT, and USS FREEDOM Facebook pages. Contact [m-sn-clwp-media@](mailto:m-sn-clwp-media@fe.navy.mil)

fe.navy.mil with feedback.

- **Blue Screen:** Viewers of AFN channel 8 on "base" or in the housing area can access the command information channel - known as the "blue screen." Even if you do not live in housing, you've seen the blue screen while waiting at the check-out counter in the NEX. Most of the information is static (e.g., command POCs), but the feed is updated at least monthly. Contact Navy Region Singapore N6 to provide updates for consideration (and remove old ones).

- **CLWP/NRS Websites:** There are two websites, the CNIC-sponsored Singapore Area Coordinator (SAC) website (<http://www.cnic.navy.mil/regions/sac.html>) and the COMLOG WESTPAC website (<http://www.clwp.navy.mil/>). Like the blue screen, the information on both sites is primarily static and covers command history, leadership, departments, pro-

grams and services. Contact m-sn-clwp-media@fe.navy.mil with feedback and questions.

- **N9 Newsletter/Merlion Star:** Electronic print media, such as the monthly N9 Community Newsletter and the bi-weekly CLWP Merlion Star, are emailed and posted on Facebook. The N9 product provides a monthly calendar of all MWR and recreation events and is reinforced by daily Facebook updates. If you would like to sign up for the N9 Newsletter, please email the N9 Marketing Assistant (alexia.mwr@gmail.com). The Merlion is a traditional "base" newspaper and provides print/photo coverage of command activities (e.g., CARAT). Contact jay.c.pugh@fe.navy.mil to submit articles or story ideas for consideration.

- **Email, regular mail and flyers** posted in authorized locations (e.g., NEX bulletin board) around the community are yet another way to get the word out.

TOWN HALL, Cont. from Page 2

experienced an increase in profits of US\$1 million over the past year according to Rand Rogers, NEX Branch Manager. In light of this growth, the NRS NEX has funding approved to expand the store by one-third. Rogers also explained to community members the responsibility the Exchange has to deployed sailors, which accounts for occasional shortage or depletion of supplies on store shelves.

The Terror Club Complex will also be expanding in the coming year, as funding has been secured for improvements explained Paul Kemmet, Food and Beverage Manager for MWR.

The Clubhouse restaurant will be renovated, and tile and pump improvements are slated to be made to the pool. Also included in the project are creation of a covered playground to be located behind the kids' pool and improvements to the turf field. Kemmet stressed that the Club will make its best attempt to minimize disruption during all renovation projects. Foster agreed, as he called the Terror Club the "heart of our community."

From May through June of this year, Singapore Area Coordinator conducted a survey of living and retail costs locally in Singapore said Chief Warrant Officer Milton Lewis. The results and analysis of this survey are expected in Octo-

ber or November of 2013, and will affect the Cost of Living Adjustment (COLA) for sailors and their families.

Some members of the community expressed concern with receiving information about MWR events, community services, and command feedback. The Public Affairs Office and N9 Marketing Representative welcome community feedback and suggestions on improving methods of communication. There are ongoing efforts to hire a dedicated public affairs support position at NRS to ensure the community stays up-to-date on command policy announcements and community events.